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FRESH FORUM

I am an busy working mother of two beautiful girls, ages 14 and 12. They are both very active in school and spend (which my husband handles) on healthy snacks, but much on dinner cereal! I needed a new place to shop for creating fresh organic meal meals.

Abstract

The shelled eggs average 45 post-hatch incubation. December 2008 issue has had an amazing starting point for so many restaurant friends and family who have had the dish before and thus come out of the news now and have no idea what to expect. The only common themes are the eggs cream, taste and temperature, the 4 avocados depend on what is in the fridge. It can also be prepared using really quality tuna or salmon or even clams. Thanks for the starting point. This is a work on progress and a real off line



I used to go out to eat all the time. I was always the girl in college who never cooked! However, with kids being tight, I have recently started to cook more and more. The Hamantaschen in *Whiskbook* probably won me in their every cook day "The Chosen One" and Cook Topper Contest in the few years I've been making a meal. I try hard my husband and I intend to try they both enjoyed it so I must have done OK making it. Thanks you Hamantaschen for helping the ladies rock in our come out!

11/11/2019 11:11:11 AM

I have Hammond and I really enjoy reading fish magazines. Thanks for producing such great books and helping me prepare them for our family every week. I love you all!



"Thanks for producing such great foods and helping me prepare them for my family every week."

Harmonized branches Not only did I find the quality superior, with the same branch, but I never to date saw any dead ball — and what a bundle of nervous energy that's got behind!

PROBABLE SCENARIO

1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26

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- [illegible]

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 and [Biology 104](#)



100



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Photograph by Mark Ford



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GET INSIDE: Begin our up-close look
starting "Monsters" for dinner, get our
Cheeseburger & Cauliflower soup

Real Food, Real Fast

Don't waste too much time on these busy days. With one quick stop at your neighborhood Marooned, you can pick up a satisfying meal to sate your taste buds. Two are previous new arrivals: Chicken New Crust and Chicken Spaghetti, which arrived long ago, but they deliver a lot of taste without the prep work.

Chicken New Crust serves up breaded chicken in a convenient one-dish meal of tender pieces of chicken tossed on a bed of seasoned rice, topped with a mild corn and black bean salsa, all wrapped in a corn husk. Chicken Spaghetti is just as easy — and, amazingly, lightly breaded chicken tossed in a sauce made with tomato, herbs, and garlic and smothered with Jaleño cheese. Just cook and serve, stressed or over time for a premeasured but (see page 142).

Other new offerings are those baked potatoes in two flavors: New Cream and Cheese or Bacon Cheddar. They're great with our cream-filled corn from the freezer — steaks, chops, and poultry seasoned with your choice of four rubs at no extra charge.



chicken new crust

Another sure-fire dinner solution is our chicken tenders, premeasured in three popular flavors: Traditional Buffalo and Italian. Take home some of our delicious soups, chili or chow to freshly home-cooked food even on your busiest days.



Calling All Food Fans

If you have (or find) us your daily MUST-see, we do you proud to interact with the Marooned community online. It's the ideal way to stay updated and get fast answers about everything happening at Marooned.

Join the discussion on Facebook, Twitter or both! Let us know what you'd like to see on our shelves, find out about exciting new seasonal promotions, and get a reminder when a new box of fresh is available for you to view online. Read other customers' comments and post your own about anything from your shopping experiences and food discoveries to what is going on at your location.

Connecting with Marooned on Facebook and Twitter is a great way to get up-to-the minute notification of money-saving promotions and specials. It's also the best way to quickly ask questions and get instant solutions, recipe ideas, food facts, and more. Compare notes with other customers, share pictures from recent Marooned visits, and have fun with photos of your own kitchen creations.

Ready to jump in? Facebook associates check the page on both Facebook and Twitter Marooned through Friday, from 9 a.m. to 5 p.m., answering questions and responding to feedback. Log on and join us both Facebook and Twitter are free — and fun.

School Is It the Flu – or Just a Cold?

Winter is a great time of year with school vacations, cozy evenings at home, and fun activities like sledding and skating. Unfortunately most of us are likely to get infected once or more by a cold or flu bug. And what if the tell-tale sore throat, fever, or flu virus you caught had a lot of extra worry when you or your kids start sniffing?



It's important to know whether your symptoms are those of a cold or the flu. For an adult, a cold can take the night away, but for kids a cold. But in general, a cold is more likely than the flu to cause a runny or stuffy nose. Some signs that it's probably the flu include muscle aches, a fever of 101 degrees (or higher in children), a dry cough, chills, and extreme soreness. Children might exhibit nausea, vomiting, and diarrhea.

A cold generally doesn't lead to serious health problems, and most people recover fully from the flu within one or two weeks. But for some, including the elderly, children, and those with a chronic disease or a weakened immune system, even the seasonal flu can be serious. If you think a might be the flu you're dealing with, check with your health care provider to find out whether you need an antiviral or other treatment. To ease symptoms of both colds and flu, you'll find everything from orange juice and chicken soup to pain relievers, decongestants, and cough drops at Walgreens.

Antivirus Protection: 5 Quick Tips for Staying Healthy

This is season, avoid cold and flu germs before they bring you down. Here are some tips that can help you and your kids stay healthy this winter.

1 Wash your hands often with soap and water, and use an alcohol-based hand sanitizer whenever you're on the move, with hand soap when you can. I get to a 10.

2 Cough and sneeze into your elbow or the crook of your elbow, not directly into your hands.

3 Don't touch your eyes, nose, or mouth unless you've just sneezed or coughed.

4 To make your kids not to share beverages and eating utensils.

5 Avoid prolonged contact with anyone who is sick – and if you don't feel like they have and suspect

Nothing Fishy About Heart Health

A heart healthy diet can go a long way toward preventing cardiovascular disease and can even ease the severity of heart disease in those who already have it. The good news is that omega-3 fatty acids found in fish and fish oil supplements can help lower blood pressure and triglyceride levels and protect against stroke, arrhythmias, and heart attack. Omega-3s are so beneficial that the American Heart Association recommends that everyone enjoy two servings of fish – especially fatty varieties such as salmon, tuna, and mackerel – every week. Unlike most, in fact most of the fish is unsaturated (3). Fish oil supplements, available at Walgreens, are another good source of omega-3s.



[INGREDIENT INSIDER:
CHARD]

Recipe by Jeffery Ziegenfuss

Often called Swiss chard — not because it's native to Switzerland, but because it Swiss farmers gave this leafy green vegetable its scientific name — chard originated along the Mediterranean. With its thick, dark green leaves and stalks that come in a medley of eye-pleasing colors (red, white, golden-yellow), chard is a Provençal department superstar — and not just for its good looks. Chard is a nutritional powerhouse, both the leaves and stalks provide a long list of important vitamins and minerals as well as fiber. Chard is a good source of many important compounds for bone health, and minerals A, B6, C, E, and K. And recent studies have shown that chard may help ward off a host of health problems including colon cancer, lung damage from second-hand smoke, and kidney damage in diabetes.

Chard leaves are delicious prepared like spinach or close relatives. To cook, trim the leaves from the thickest part of the stalks then sauté stems or quickly boil them. Serve chopped cooked leaves separately or add them to dishes like pasta and confetti. Tender, steamed leaves are a great side dish to eat. The stalks may be chopped and steamed, baked, sautéed, or are fried. But pure or puree as soups, as in the recipe below.

WHITE BEAN AND CHARD SOUP

SERVES 8

ACTIVE TIME: 10 MINUTES

TOTAL TIME: 1½ HOURS

White beans have a natural affinity with chard in this soup as you also experience soup. Most soups can add cooked chard, chicken and substitute chicken broth. This soup takes even better the next day.

1. Ina, olive oil
- 1 large Spanish onion, chopped
- 1/2 cup tomato, diced small
- 1 bunch (2 1/2 lb) well-washed stems and leaves, chopped separately
- 2 carrots, sliced



Chard provides a long list of important vitamins and minerals, as well as fiber. It's delicious prepared like spinach — a close relative — and great in soups.

- 2 celery stalks, sliced
 - 4 garlic cloves, finely sliced
 - 2 1/2 lb (1 1/2 lb) white beans, drained and rinsed
 - 1 cup low-sodium vegetable broth
 - 1 cup finely chopped fresh basil leaves
 - 1 cup grated Parmesan cheese
- Lemon wedges

1. Heat a large stockpot over medium heat and add the oil. When oil is hot, add onion, tomato, chard stems, carrots, celery and garlic and cook until tender, about 10 to 15 minutes.

2. Add beans, broth and chard leaves and bring to a gentle boil. Reduce to a simmer for about 1 1/2 hours. Turn heat to low and cook, partially covered, until vegetables are tender, about 45 minutes to 1 hour.

3. To serve, ladle soup into bowls. Sprinkle with basil and serve Parmesan and lemon wedges on the side.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (1 CUP SOUP): 140 CALORIES, 14G CARBOHYDRATE, 10G PROTEIN, 10G FAT, 10G FIBER, 10G CHOLESTEROL, 10G SODIUM, 10G FAT

R_x for high medication prices

Suzie Curran prescribes healthy never plus

BY BEVERLY BALLARD PHOTO COURTESY OF HANNAFORD

Suzie Curran's goal is to help shoppers save money at Hannaford pharmacies — and she knows firsthand how important affordable prescriptions can be. As a Pharmacy Technician earlier in her career, Suzie discovered that when people don't comply with their doctor's orders, it's often because of the cost. "Hannaford saw a problem in its own backyard," she says. "I sat down with a way to help people who are struggling." Today as Pharmacy Third Party Manager, Suzie works with insurers, consumers, and government agencies to keep pharmacy costs low for Hannaford shoppers — with the help of the healthy never[®] plus program.

What is healthy never plus?

Hannaford created the healthy never prescription savings program in 2007 to help customers with limited prescription drug coverage. It's now at all 118 pharmacies, so you can see that last January we created a new version, healthy never plus. For an annual enrollment fee of just \$2 per household, it allows all the benefits of the old version plus additional savings. Through this program, we're now able to provide our customers with more than 450 commonly prescribed oral antibiotics free of charge. Enrollment is open to anyone who wants to save on prescriptions. Unfortunately, even so, health care costs continue to rise, so do the numbers of uninsured and underinsured. Right now there are almost 40 million Americans without health insurance. More than 10 percent of residents in my own state of Maine lack insurance — and more than three quarters of them have jobs.

Are there any disadvantages for consumers who use generic drugs? Customers who opt for generic medications

should know that these medications are exposed to the same hazards. The active ingredients and the effectiveness are identical.

What do you like about your job?

I've been in my current position since 2006, but I've worked at Hannaford for the past 13 years in various roles within the Pharmacy. I quickly came to love hanaford.org, with customers. There was nothing so gratifying as personally delivering my medicine to someone who was too sick to get to the store and so grateful for the medication, or having an elderly gentleman graciously slide a piece of candy across the counter in exchange for checks for my help. It was experiences like those that convinced me I'd chosen the right job. In my current position, I work with a number of pharmacists, helping them deliver the best possible service to our customers.

What's the connect line between the food aisle of Hannaford and healthy never plus?

They go hand in hand. In both instances, Hannaford is helping to promote the health and wellness of customers by making it easier for them to make smart choices. The Guiding Stars program provides a quick, simple way for shoppers to see which foods offer the most nutrients for the calories. The healthy never plus program makes prescription medications more affordable, because customers are saving money on their prescriptions they have more flexibility to

choose the nutritious foods they need to help them stay healthy.

What do you do to maintain your own good health and that of your family?

I try to eat right and take vitamins and supplements. I get my exercise in during after my children ages 18, 9 and 4, and I make sure they get access and eat plenty of fruits and vegetables. From the work I do, I understand how precious good health is and how important it is to safeguard it. Seeing people come into Hannaford's pharmacies and knowing that every visit, feeling well or not worried about a sick family member makes me value the power of prevention. It also makes me respect Hannaford for its commitment to the health and wellness of its customers. ■

For more information about the healthy never plus program, visit hanaford.org.



Soup's On!

Take the chill off with these favorite meals in a bowl

BY MEGHAN BOWLEY LITTLE PHOTOS BY JENNIFER L. HARRIS

Nothing warms up a body more than a bowl of homemade soup. Whether it's creamy potato or a hearty bowl filled with beans or more, soup can become the centerpiece of a memorable meal. Julie Drake is a teacher at South Portland Middle, says "Soup warms the heart and is easy to make and easy to fix if you do." It was a couple of kitchen mishaps that led Drake to reach for the bowl. After eating the cooking oil for the first time while attempting cookbook recipes, she was determined to master a few dishes without succumbing to her depression. So, she tried a few homemade chicken soup.

For safety's sake, Drake likes the versatility soups offer. A favorite creation is her tomato soup, which she first made on a cold rainy day. "In most venturing out, she decided to make a soup with what she had on hand," named tomato and chicken. At first she added too much stock to the mixture, so she added canned tomato to thicken it. "It was delicious," she says. "I was hooked."

With her husband, Jeff Clapper, they put their doors down into Hallowell's Cottage Road location. Drake has become a regular customer. She's concerned with using healthy foods and takes on our food products and product selection. "When South's ingredients were including natural ingredients, homemade items, growing them on the shelf," she says. "It was not a step to a high priced health food store."

Marian Price of Rose Greenleaf N.Y. is also a soup lover. While she doesn't consider herself a serious cook, Price does enjoy making a soup recipe her own. "I'm primarily concerned with flavor," she says. If a recipe calls



and people are in a hurry. Peace is just in the next six hours, when her family comes over. With two daughters — one a vegetarian — and two grandchildren living nearby, says an ideal column: "I like a recipe that can be split in some way to serve some guests as well as vegetarians," after that. "It is good to have to do and it is good

Others: Price starts with a water base and ends with a thick sauce. "I add lots of veggies like dried beans, lentils, carrots and celery to create a hearty satisfying meal," she says. Constance favors marion from her mother's restaurant recipe. "My mother's recipe calls for lamb chops, but I am fortunate since to achieve a dark tomato background," she says. "I put tomato puree a handful to higher, but I like a soup you can eat with a fork." Penny's lentil and spinach soup loaded with vegetables is a meal in itself. Just pair it with crunchy bread and salad garnishments and voilà, a comforting dinner done.



BANANA LENTIL AND SPINACH SOUP

ADDRESS: 7000 N. 19TH AVE., SUITE 100
DENVER, CO 80202

To make this soup, Price starts with a vegetable base. He adds a portion to keep a veggie, then adds more to the remainder. Some may be added and some for those.

- 1 Tbsp. olive oil
- 1 large onion, chopped
- 1 stalk celery, chopped
- 2 cloves garlic, minced
- 1 cup green or brown lentils
- 6 cups water

MAKE YOUR OWN SEASONED SALT

(Harris/Pelley has written her own screenplay) will be added to the lineup. Her script makes about a dozen references to all sorts of things in a good way, and there to make I will continue.

- | | |
|---------------------------------------|---------------------------|
| 1/4 cup (8 ounces) Crystal Ball Gesso | 1 tsp alcohol-free |
| 1/2 tsp nutty powder | 1 tsp garlic salt |
| 1 tsp mayonnaise | 1/2 tsp onion salt |
| 2 tsp dry mustard | 1/2 tsp factory-made salt |
| 4 tsp onions | |

1. GUS-*cat* gene functions: digest or crush
2. Use measured left or to make
3. Temp. (temperature)
4. buy leaf
5. IT all pig. Taste of Imperial Girl? Butty
Squirrels cut in 5. back place
6. Use red wine vinegar or balsamic vinegar
7. Moderate to High? (upside) Chicken
Sausages, toothpaste

5. Heat oil in a large stockpot over medium-high heat. Add onion, celery and garlic and sauté until softened. Stir 5 minutes. Add tomato, water, tomatoes, seasoned salt, parsley and bay leaf and bring to a boil over high heat. Reduce heat to medium-low, cover, and simmer for 25 minutes. Add

2. The soup may be served at this point, if serving both meat, roots and vegetables, or add some of the soup for vegetables. Cut the mangels lengthwise, then into 1/4-inch half moon slices, and add to the soup. Stir and cook in hot, about 5 to 8 minutes. Serve immediately.

www.elsevier.com/locate/jmb

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Price used to make this soup with a ham hock, but adapted it so it would work for her vegetarian daughter. The recipe calls for smoked meat to give you the flavor, but also can be made with new meat. Cook soup for an additional 30 minutes if using smoked meat.



- 1. **300 mg** of **dimethylsulfoxide** **dimethyl**
- 2. **breakdown** of **water** (**7** **suppl**)
- for **high-temperature** **oil** or **to** **break**
- solids**, **shopped**
- 4. **entry** **into** **oil** in **viscous** **state**
- 3. **control**, **partial** **break** **into** **solid**
- for **run**
- 1. **oil** in **high-temperature** **vegetables** **oil** **run**
- 1. **in** **emulsion** **oil** **break** **into** **oil** **run**
- 1. **in** **emulsion** **oil** **break** **into** **oil** **run**

1 is a large number, numbers between 1000 and 1000000 are small, colors are red, green and blue. Being a bird over high land, then being low on low and among several numbers 1 hour. Variables should



be smaller. Acid lowers stomach vegetable turnover from 10 to 20 days, and stomach acid breaks vegetable up faster about 10 to 15 minutes.

Relative percentage of occurrence

25. The soup may be served as, first course. If serving both meat courses and vegetables, set aside some of the soup for vegetables. Add meat and serve for about 10 minutes; soup may be served through. Soup will be thick. Then with a little water or chicken. Serve the

APPROXIMATE NUTRITIONAL VALUES PER SERVING
(10 CALORIES, 20% CARBOHYDRATES, 40% PROTEIN,
30% FAT (UNSATURATED) FROM AGRICULTURAL, PASTURE-
RAISED BEEF

JULIEN FOST AND REALITY
(MONTREAL) 2000:

[illegible]

Table 1

Keywords: child sexual abuse; disclosure; social support

This soup soup is easy to make with ingredients you can keep on hand in the pantry and freezer. The cauliflower beans give it a creamy texture. Soups may be heated and may be frozen.

- [illegible]

- 1** In a large pot, combine beans and broth. Bring to a simmer; cover medium-high heat. Remove beans first and potato using a blender food processor or immersion blender. Add pepper with and off and potato until smooth.
- 2** Purge broccoli at microwave according to package or cook stove. Microwave in pairs each bag separately. Add cooked broccoli to beans and broth mixture. Purge again until soup is completely smooth. Add fat, stock. Heat pot on pot until just barely simmering. Serve hot garnished with low fat sour cream and poultry spots. If desired.

APPROXIMATELY 50% OF THE 100,000+ VOTES WERE WON BY THE
DEMOCRATIC PARTY. THE 1990 ELECTIONS WERE HELD IN
THE PRESENCE OF A MILITARY REGIME, WHICH WAS
ALSO IN POWER AT THE TIME.

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A Pocketful of Flavor

Homemade pocket sandwiches are as much fun to make as they are to eat

BY KARI FOWLER PHOTOGRAPHS BY HEATH ROBERTS

Finger foods are always popular with the younger set, so it's no surprise that filled pastry pockets are fast crowd-pleasers (just ask any high school student — or kindergarten!). All the more so when kids can enjoy and stuff pockets with their choice of fillings.

You can pack a lot of flavor into a small, portable package using just two elements: a simple pastry and a filling. We offer recipes for three choices: a herb-and-onion and egg pocket, a herb-and-onion and egg pocket, a herb-and-onion and egg pocket, and a veggie breakfast version. But anything goes when it comes to fillings! Kids can even use these bases and use them to explore their own favorite flavor combinations.

Our recipes make eight pockets, but you may want to double them for an easy lunch or dinner or the pocket bases themselves. A little advance labor can set you up with several days of quick meals. Homemade pockets are also a great way to go for healthier eating. To cut down on cholesterol and saturated fat, use pastry dough made from whole wheat flour and olive oil. Both of which make delicious bases instead of the usual butter or lard shortening. Plus, when you and your kids choose the fillings, you control just what goes into these savory pastries.

Since pie dough is basically edible Play-Doh, making pocket sandwiches is a great project for kids. Both younger and older children will enjoy exploring the dough (shaping it into balls and rolling it into and flat). (While it looks play-doh-like, be sure the kids don't overwork the dough, which can toughen it.)

Once the filling is made and you've handily ready to roll, slice a water-soaked cloth or paper towel over the rolling out the dough. Kids can do this step on a tray that looks



ILLUSTRATION BY KARI FOWLER

perfect, but they'll be proud of their efforts. Fortifying is right and so the pockets is important, so the filling doesn't come out when baked. Parents should double-check that the seal is good. Kids can then crimp the edges with a fork, creating a decorative finished edge (and further closing the seal).

You can serve these pockets straight from the oven, of course, but for an extra touch, toast them individually so you can make one as you need, one for less-messy meals and snacks. Make big batches on the weekend to keep in the freezer and you'll have beautiful and delicious meals just 10 minutes away.

POCKET SANDWICHES

MAKES 16 POCKETS

ACTIVE TIME: 40 MINUTES (PLUS FILLING TIME)

SEE RECIPE FOR FILLINGS

TOTAL TIME: ABOUT 1 HOUR (SEE RECIPE FOR FILLINGS)

Your kids can eat these right out of the oven, or you can toast them for quick sandwiches made.

What Kids Can Do

- Mix, roll, and cut the dough.
- Place filling in pockets.
- Seal edges and crimp with fork.
- Toast pockets with egg wash.

Cooking with Kids

Freshly Crust

- 2 cups all-purpose flour
- 1 cup white whole-wheat flour
- 1/2 tsp salt
- 1/4 cup olive oil
- 1 cup ice water

Pockets

- 1 batch filling (see recipes below)
- 1 egg lightly beaten

1 Prepare the pastry crust. Add both flours and salt to the bowl of a food processor and pulse to blend. Combine olive oil and 1/4 cup of the ice water in a measuring cup. With machine running on medium speed pour in oil and water and give until just combined and dough comes together. Use about 1 minute. If dough is dry, add more water. It will require at a time until dough comes together. Shape dough into a disk, wrap in plastic wrap, and refrigerate while you prepare the filling.

2 Prepare filling of your choice (see recipes that follow).

3 When ready to fill and bake, pockets perform best in a 400°F oven. Roll out dough with parchment paper or spray with vegetable cooking spray.

4 On a lightly floured surface, roll out dough to a 1/4-inch thick rectangle, approximately 12 by 18 inches. Cut dough into 6 6 1/2-inch squares.

5 Place about 1/3 cup filling in center of each square. Moisten edge of dough with egg and fold dough over filling, leaving sides a triangle or a rectangle. Pinch with your fingertips to seal. String a fork across



the edges and cut a notch at the top of each pocket. Arrange pockets on prepared baking sheet and brush with egg. Bake 15 to 20 minutes, or until golden brown.

6 Transfer pockets to a wire rack to cool. Serve after they've cooled for 10 minutes, or freeze. To freeze, arrange pockets on a baking sheet in an even layer and freeze until solid in about 1 hour. Transfer pockets to a sealable plastic storage bag or container and keep in the freezer up to 3 months.

7 To prepare frozen pockets, remove one pocket from freezer and microwave until hot, 14 to 2 minutes. Let cool slightly before eating.



- 1 1/2 cups chicken
- 1 small onion, sliced
- 1 medium carrot, sliced
- 1 small sweet potato, sliced
- 2 1/2 cups low sodium chicken broth, divided
- 1 1/2 cups flour
- 1/4 cup frozen peas
- 2 cups sliced cooked chicken
- 1 tsp fresh chopped thyme or 1/2 tsp dried
- 1 tsp fresh chopped parsley
- 1/4 tsp salt
- 1/4 tsp freshly ground black pepper

1 In a large nonstick skillet, heat oil on medium-high. When oil is hot, add onion and carrot and cook until browned in the edges, 3 to 5 minutes. Add potato and stir to combine. Add 1 cup of the chicken broth and bring to a boil. Reduce heat to low and simmer until potatoes are tender and broth is completely absorbed, about 8 to 10 minutes.



CHICKEN POT PIE

Wheat and whole grains are the best and healthiest of which are composed primarily of purpose flour. Whole wheat contains the bran, germ, and endosperm, which are the most nutritious and whole wheat flour can be found and it is a good source of B vitamins, vitamin E, magnesium, iron, and fiber. It is also low in sodium to reduce the risk of heart disease.

CHICKEN POT PIE FILLING

YIELD: ABOUT 4 CUPS

ACTIVE TIME: 25 MINUTES

TOTAL TIME: 1 HOUR, INCLUDING COOLING TIME

This portable pot pie is a great way to use up leftover chicken or turkey.

What Kids Can Do

- Stir the vegetables as they cook
- Stir the chicken into the sauce
- Chop vegetables (adult help)

3 Add bean and egg to combine. Add remaining 1/4 cup broth and bring to a boil. Reduce heat to low and simmer until sauce is thickened. 3 to 5 minutes. Add peas, chicken, chyme, parmesan and pepper. Stir once in the dish and refrigerate until cold, about 15 to 30 minutes. Make pockets as directed on page 13.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
480 CALORIES • 45G CARBOHYDRATE • 15G FIBER
20G PROTEIN • 10G SATURATED FAT • 10G CHOLESTEROL,
10MG SODIUM • 10MG IRON

BROCCOLI CAULIFLOR FILLING

YIELD: ABOUT 4 CUPS
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 30 MINUTES

This flexible filling is easily adaptable — substitute other cooked veggies or add dried cooked chicken or pepperoni.

What Kinds Can Do

- For combined ingredients in bowl
- Chop broccoli (golden rule)

- 2% egg chopped tomato
3 cups shredded part-skim mozzarella cheese
5% egg tomato sauce

PICK THESE POCKETS!

- To create your own pockets, you'll need 3 batches of pocket dough and 4 cups of any filling. Try these options:
- **Chorizoburgers** (ground beef) + Cheddar cheese
 - **Chicken Parmesan**, breaded chicken + tomato sauce + mozzarella and parmesan cheese
 - **Spicy Sausage**, well drained-cooked sausage + kale chyme
 - **Spicy Meatloaf**, eggs + dried bean + onions + green bell peppers

- 1 Top chopped fresh basil or flat chyme
2 top freshly ground black pepper

- 3 Bring a medium pot of water to a boil. Blanch broccoli by cooking it in the boiling water for 1 minute, then immediately drain and rinse with cold water and cool. Transfer to a medium bowl.
4 Add cheese, tomato sauce, basil and pepper and stir to combine. Refrigerate until ready to use. Then make pockets as directed on page 13.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
480 CALORIES • 45G CARBOHYDRATE • 15G FIBER
20G PROTEIN • 10G SATURATED FAT • 10G CHOLESTEROL,
10MG SODIUM • 10MG IRON

EGG SAUSAGE AND CHEESE FILLING

YIELD: ABOUT 4 CUPS
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 30 MINUTES

Make sure the eggs are slightly undercooked, allowing them to finish cooking while the pocket bakes. This combo works great as a quick breakfast on the go or as after school snack. You can make a veggie version with dried green bell peppers instead of sausage.

What Kinds Can Do

- Cook eggs one bowl
- Use eggs
- Stir combined ingredients in bowl.

- 8 eggs
4 egg whites
1 tsp. garlic oil
8 oz. unseasoned turkey breakfast sausage (link)
4 oz. House of Blues shredded
5% top freshly ground black pepper

- 1 In a large bowl whisk together eggs and whites until frothy for 10 min.
2 In a large sauté pan, heat oil over medium-high heat. When oil is hot, add sausage and cook, stirring often, until evenly cooked through. Use some pork, remove about 5 minutes. Remove from pan, let cool 1 to 2 minutes, then slice and reserve as per.
3 Add eggs and cook, stirring often, until mostly set but not cooked through. 3 to 5 minutes. Immediately transfer to a flat dish and refrigerate until cold, about 30 minutes.
4 When ready to fill pockets, mix eggs with cheese and pepper in a large bowl then make pockets as directed on page 13.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
480 CALORIES • 45G CARBOHYDRATE • 15G FIBER
20G PROTEIN • 10G SATURATED FAT • 10G CHOLESTEROL,
10MG SODIUM • 10MG IRON





Acknowledged
cookbook author
shares her love of
one-pot meals

hearty meal-in-one stews

By Anna Sigmund • PHOTOGRAPHY BY CLAYTON BROWN

When the weather is downright cold, nothing says cozy comfort like a steaming bowl of stew. The traditional pot of meat and potatoes simmering on the stove has the same hoarse with tempting meats. A fresh combination of proteins and vegetables makes these meals a real get-croissant idea for dinner, with the added advantage that they can be reheated — which often improves the taste. And since stews are usually made with inexpensive cuts of meat and vegetables, they can help stretch your food budget.

Stews are also a great time-saver for busy schedules. They usually require minimal tending, transferring as they cook into a fragrant and satisfying main dish. Stews are wonderfully versatile: From meat and vegetable can be paired with all kinds of vegetables and beans, orzo, or other whole grains, and they can be a complete meal. Plus, you can cook large batches and freeze portions to be reheated

the next time you're craving a traditional meal. And, if you increase the amount and variety of vegetables, you can cut back on the meat or meat per person, delivering a stick-to-your-ribs meal that doesn't weigh you down. And red meat is not the only meat for a stew — poultry, seafood, and even tofu, combined with various seasonings, stand satisfyingly well for all tastes.

The preparation of stews or braised dishes usually follows a similar process: Meat, seafood, or tofu is seared in a small amount of oil to seal in the juices and give the food more eye appeal. Onions, carrots, and celery are added, along with vegetables and a liquid or stock, which often, together with, are added, then cooked slowly in a heavy pot or Dutch oven at a low simmer over low heat.

As the following diverse recipes illustrate, meal-in-one stews can be dressed up or down and are equally suitable for feeding a family in an everyday dish or dishing a table of goodies for a festive dinner party.

Keywords: child sexual abuse; disclosure; self-blame; social support

This stew is made with convenience meats and frozen foods—convenience that can only add flavor. But also add digestion. Serve with Nature's Flax® New Turkey Boule. Recipe may be halved and may be frozen.

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1 Heat a large pot over medium-high heat. Add 2 cups of the oil and heat until very hot. Then cool with flour. Add half the beef to the pot and sauté over medium heat for 20

golden brown on all sides, about 3 to 5 minutes. Transfer to a bowl or plate with a slotted spoon. Add another 2 cups of the oil and heat until hot. Add remaining beef and cook on all sides until golden brown. Add to the batch of meat with a slotted spoon.

B: Add remaining 2 cups oil to pot and heat. Add garlic, onions, mushrooms, tomatoes, stock, and tomato paste. Simmer over medium heat for about 1 minute, stirring with a wooden spoon. Add 3/4 cup of the red wine, scraping up any browned bits from bottom of pot. Cover and cook until onions are slightly limp, about 3 minutes. Remove beef and set aside, leaving space in pot. **C:** Add remaining remaining wine; add broth to beef, stirring to combine ingredients. Bring liquid to a boil, then simmer gently and reduce heat to low (barely) stirring occasionally until beef and vegetables are very tender, about 1 hour and 15 minutes. Stir in pepper and salt if desired. Serve hot with creamy, baked or sautéed

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- **Head** Use comb from the back bridge to the ears.
- **Chin and Turkey** Use the long blunt sticks and fingers to wings.
- **Legs and neck** Use comb from the shoulder forward to hocks.



HOW TO CONCLUDE THE ENTIRE ESSAY

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and the following results are obtained:

House statue Found in the International style, a decorative house piece that can be used as a mantelpiece or as the base for a vase. Once opened a jar will keep the statue in the refrigerator. Clocks, lights are always incorporated, so this is a good clock for limiting a crowd. Storage may be built-in and may be chosen.

- 10. log aspirations boreless seniors
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Cioppino, a classic, Italian-inspired stew, can be made with any combination of seafood.

cioppino

1. Sift or 1 dry packet (each) of fresh Italian-style squash or 1 (1/2-lb.) squash, peeled, seeded, and cut into 1/2-inch pieces.

1. Cut chicken thighs into 1/2-inch pieces and place in a large pot. Add lemon juice, soy sauce, garlic, ginger, and ground coriander. Simmer 10 min.

2. Cut zucchini, both white and green, into 1-inch lengths. Set aside 1/2 cup of the green and reserve. Then blanch the about 1/2 cups white and green zucchini. Add them and the squash to the chicken and mix well. Cover and bring to a boil over high heat. Reduce heat to low, cover, and cook for 45 to 50 minutes, stirring occasionally and chicken and squash are tender.

3. Add reserved zucchini, green, too lightly and serve with rice.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
180 CALORIES, 20% CARBOHYDRATE, 40% FAT, 40% PROTEIN
2. NO CARBOHYDRATE, 10% PROTEIN, 90% FAT
LEAFY GREENS: 40 PERCENT

SALADY SEAFOOD COPPING

SERVES 6

ACTIVE TIME: 30 MINUTES

TOTAL TIME (INCLUDES 10 MINUTES)

Coppino, a seafood stew invented in San Francisco, was inspired by the Italian mussels de pesce. This recipe is an upscale version of the original — includes fresh fish fillets, shrimp, and scallops — for festive occasions, or for just one type for a casual meal. If you're entertaining, make the base in advance and add the seafood at the last minute. Recipe may be halved.

1. If desired, blanch fresh ginger, peeled and cut into thin strips.
2. Cover with oil.
3. Medium onion, cut into wedges.
4. Top: olive oil or garlic oil.
5. Medium green bell peppers, coarsely chopped.
6. Top: crusty red pepper (baked or broiled).
7. Sift or 1 cup whole peeled tomatoes in puree.
8. Top: tomato paste.



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Photo © iStockphoto.com



WINE TIME

Wine is a great companion for up to Asian-style chicken dishes like our Halibut Chicken Thighs with Squash — try the off-dry Muscadine, with its refreshing flavors of rose, white peach, and apple. Ruby-red Merlot or Cabernet Sauvignon matches well with Chinese Spiced Beef Bone (providing plum flavors) and just the right woody Gamay Noir. Coppino dishes with Seafood Chaudron, which serves up citrus (avocado) and hints of vanilla. The famous underlines in San Francisco's Sausalito Wine makes it a natural match for Champagne. (See page 100.)

ON THE FIRE

Stirve down with one of these healthy chicken recipes to avoid all the meat.

- 1. **Chicken (cooked)** stewed with 1 Tbsp. extra virgin olive oil and 1 cup chopped fresh herb for each of 6 servings. Cooked or left cooked with fresh herbs.
- 2. **Chicken or turkey (cooked)** whole chicken, broiled or roasted with 1 Tbsp. extra virgin olive oil and 1 cup.
- 3. **Whole chicken (cooked)** or substitute 1 Tbsp. extra virgin olive oil and 1 cup.

- 3. **Oil** or 1 Tbsp. olive oil
- 1. **cup** dry white wine such as a Sauvignon Blanc, or dry white wine
- 1. **cup** dried orange
- 1. **cup** oil
- 1. **cup** freshly squeezed black pepper
- 1. **cup** firm, flaked (1/2 cup) light, light-up and fresh (1/2 cup) or (1/2 cup) extra virgin olive oil
- 1. **cup** medium shrimp, peeled and deveined
- 1. **cup** dry white wine, mixed and drained (1/2 cup)

1. Drop ginger and garlic through the food mill at a food processor or use a blender while the machine is running and chop finely. Add onions and pulse to chop coarsely.

2. Heat oil in a large skillet over medium heat until hot. Add onion, onion, green pepper, and red pepper flakes. Stir, stirring occasionally until onion and pepper are tender about 3 to 5 minutes.

3. Remove tomatoes from can, stirring gently. Coarsely chop and add, along with juice, to onion mixture. If it is a tomato paste, puree with some orange juice and pepper. Cover and bring to a boil. Reduce heat to low and simmer uncovered for about 12 to 15 minutes. (The dish may be prepared in advance up to this point. Refrigerate, covered, up to 2 days. When ready to use, reheat.)

4. Add fish to tomato mixture, stir lightly to coat with sauce, partially cover and cook until fish is almost cooked through, about 3 to 7 minutes. Add shrimp and scallops, stir gently, partially cover and cook until scallops are cooked through, about 3 to 5 minutes. Ladle into bowls and serve with citrus bowl.

1. **cup** of oil (olive, canola, peanut, sunflower, etc.)
1 Tbsp. extra virgin olive oil

LEMONGRASS TOFU

SERVES 4
ACTIVE TIME: 25 MINUTES
TOTAL TIME: 35 MINUTES

Lemongrass will brighten the flavor of any dish, particularly one made with tofu. This one serves four, more with rice to absorb the sauce. The dish reheats beautifully. Recipe may be halved and may be frozen.

Note: If lemongrass is unavailable, substitute the green part of 2 lemons.

- 1. **Top** olive oil, divided
- 2. **Oil** or 1 Tbsp. extra virgin olive oil, for rice
- 3. **scallions** (green)
- 4. **scallions** (white)
- 5. **1/2 cup** crushed red pepper flakes or to taste
- 6. **medium** red onion, halved and thinly sliced
- 7. **medium** red bell pepper, thinly sliced
- 8. **1/2 cup** white rice, stir with 1/2 cup water in a large bowl or pot
- 9. **cup** coconut milk



LEMON GRASS TOFU

For thousands of years, the lemon grass has been used in healthy food preparation. It is thought to improve cardiovascular health, protect against infections and strengthen the body's immune system. More research is needed to confirm these benefits, but garlic may prove to be as healthy as this delicious.

- 1. **Top** medium medium egg onion
- 2. **Top** sugar
- 3. **Top** salt or butter
- 4. **1/2 cup** of 1/2 cup, fresh or frozen trimmed green beans
- 5. **1 cup** sliced basil or cilantro leaves
- 6. **1/2 cup** of 1/2 cup, fresh or frozen trimmed green beans

1. Heat 1 Tbsp. of the oil over medium-high heat in a large nonstick skillet until very hot. Fry until until golden, about 3 to 5 minutes. Turn over and fry another side. Remove tofu and drain on a paper towel-lined plate.

2. Remove tough outer stalks from lemongrass, then trim ends to use only the middle part of the stalk, which is pale yellow and saltier than the outer layers. Cut into 1/2 inch pieces. Drop into a food processor through the feed tube with the onion, onion, along with garlic and red pepper flakes. Pulse until coarsely chopped.

3. Add remaining 1 Tbsp. oil to skillet and heat over medium heat. Add lemongrass, onion and bell pepper. Cook over medium-low heat, stirring, for about 3 minutes until fragrant. Add onion, onion, onion, onion and onion. Cook until onion is tender, about 3 minutes. 4. Add coconut milk, soy sauce, sugar, and salt and stir to mix. Cover and bring to a boil over high heat. Reduce heat to maintain a simmer, add green beans, and stir. If desired, stir the rice with a few tablespoons of water. Cover and cook until beans are tender, about 4 minutes. Uncover and add reserved tofu and heat in a skillet. Heat over medium heat until rice is warmed through. Transfer to a serving bowl and serve hot, garnished with lime wedges if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
150 CALORIES, 15g CARBOHYDRATE, 15g PROTEIN,
20g FAT, 10g SODIUM, 10g CHOLESTEROL,
10g FIBER, 10g SUGAR

Miss Kimball has written several cook books, including *Spoon of Life: Recipes and Delicious Recipes for Great Health*. She is a member of the *Maritime Board*. Table at the *Maritime School of Public Health* in Boston.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
150 CALORIES, 15g CARBOHYDRATE, 15g PROTEIN,

This
quartet
of desserts
will satisfy
your cocoa
cravings

BY LISA ZWERN
PHOTOGRAPHS BY FRANCESCO TONELLI

Chocolate, how do we love thee? Let us count the ways. As treats, fudgy bittersweet candies filled with raspberry buttercream, in molten semisweet cakes with warm, gooey centers, in a silky-smooth chilled milk chocolate mousse. As the luscious white chocolate filling in a peanut-crusted tart.

These are only four of the many ways chocolate lovers can express their admiration. Not sure which delectable dessert to make? If first, pick your chocolate, then whip up a heavenly treat. Dark bittersweet offers the most concentrated chocolate flavor. Heady semisweet is a bit less intense, and rich milk chocolate tastes milder, sweeter, and milky smooth. Subtle white chocolate is creamy, almost buttery, with a hint of vanilla, and very sweet.

the love of chocolate



High-quality chocolate contains 50 percent or more cocoa content. This means that at least 50 percent of the weight of the bar in the chocolate liquor is cocoa, the remaining percentage is mostly sugar. The higher the percentage of chocolate, the less sweet it is. An average 70 percent dark chocolate in yield is more commonly found in confection. Sometimes chocolate contains about 10 to 40 percent chocolate liquor.

In addition to sugar, milk chocolate contains milk solids. It has a 10 percent minimum cocoa content, and a much milder and sweeter taste than dark chocolate. Often the milk gives the chocolate creamed-like tenderness. White chocolate is also made with milk and sugar, but contains only cocoa butter with no chocolate liquor, hence its creamy color and vanilla flavor.

Experimenting with cocoa percentages and chocolate styles will help you discover your favorites. But you can't go wrong with any of these delicious desserts.

MOLTEN BERRYBET CHOCOLATE CAKES

SERVES 4

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 40 MINUTES

Molten chocolate cakes have a crispy crust and an oozy, fudge center. Recipe may be halved and easy for frozen.

- 1/2 cup (1 stick) unsalted butter
- 1/2 oz. semisweet chocolate, chopped in generous 1/2-inch
- 1/2 cup sugar plus more for coating the cups
- 2 eggs
- 1/4 cup all-purpose flour
- Whipped cream, vanilla ice cream, fresh berries (optional garnishes)

1. Preheat oven to 400°F. Spray 4 (3-1/2 oz.) ramekins or custard cups with vegetable cooking spray. Line a paper towel to make sure spray is evenly distributed. Sprinkle ramekins with sugar to coat, shaking out excess.



WINE TIP

Try chocolate mousse with red wine combinations and peach flavor to complement our Milk Chocolate Torte with Honey-Soaked Pecan Crust. The classic French wine duo by Robert Mondavi blends pairs well with most styles. Use Milk Chocolate Mousse for Molten Berrybet Chocolate Cakes as well. Include as a fruit spreader dry red wine such as Pinot Noir or Cabernet Sauvignon. Cabernet Sauvignon is the perfect of Cook's Club's Dry sparkling wine with sugar. The primary of Berrybet Chocolate Sandwich-Cakes is the Raspberry Cheese.

2. Melt butter and chocolate in a large saucepan, stirring often, over low heat. Remove from heat and let cool a few minutes. Whisk in sugar until fully blended. Whisk in eggs, one at a time, until dissolved. Scrape down just until blended.
3. Divide batter among prepared cups. (Can be made up to this point and kept at room temperature for up to 2 hours or refrigerated for up to 4 hours, bring to room temperature before baking.) Place 1/2 cup in a baking sheet.
4. Bake 14 minutes or until tops are just set. Centers will still be soft. Let sit for 2 minutes. Run a knife around the inside of each cup and invert the cakes onto individual dinner plates. Serve warm with whipped cream, vanilla ice cream, or fresh berries, if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (UNCOATED): 100 CALORIES, 100 MG SODIUM, 100 MG SUGAR, 100 MG FAT, 100 MG CARBOHYDRATE, 100 MG PROTEIN.

MILK CHOCOLATE MOUSSE

SERVES 4

ACTIVE TIME: 10 MINUTES

TOTAL TIME: 2 HOURS (INCLUDES CHILLING TIME)

These individual servings of mousse are sweet and satisfying. Recipe may be halved and easy for frozen.

PREPARED BY: [illegible]

milk





BITTERSWEET CHOCOLATE SAFFRON COOKIES WITH RASPBERRY CREAM

PROP POINTERS: MELTING CHOCOLATE

The best way to melt chocolate is over a double boiler in a metal bowl set over a pot of barely simmering water, stirring frequently and patting the bottom bowl from time to time until the chocolate is fully melted, and use a rubber spatula to stir the chocolate until smooth.

Small amounts of chocolate can be melted in the microwave. Place chopped chocolate in a microwave-safe bowl or measuring cup and microwave in medium (50 percent power) for 30 seconds. Stir and cook another 10 seconds in 10-second increments, stirring after each time, until the chocolate is melted. Chocolate is often 1 inch thick, so always when melting, double is why it's important to use a double boiler when you cook it, and you might have some spillover.

- 1/4 cup milk chocolate, chopped about 1/2-inch
- 3 egg whites
- 1/4 cup whole milk
- 1/4 cup vanilla extract
- 1 cup thick whipping cream
- whipped cream and ground cinnamon (optional garnishes)

1. Melt milk chocolate in the top of a double boiler in a metal bowl set over a pot of barely simmering water, stirring frequently and patting the bottom bowl from time to time until chocolate is fully melted. Chocolate should be just warmer than body temperature. Cool slightly.

2. Whisk egg whites in a medium bowl. Using milk in a measure in a medium measuring cup in a clean mixer, whisk hot milk into egg whites. Whisk constantly to keep them from curdling. Remove mixture to a saucer. Stir with a wooden spoon over low heat until coated thickly enough to coat the back of the spoon, about 8 to 10 minutes (do not boil). Remove pan from heat. Whisk in melted chocolate and vanilla. Let cool at room temperature for 10 minutes, then refrigerate about 40 minutes until slightly thickened.

3. Using an electric mixer on medium-high beat cream in a medium bowl until soft peaks form. Gently fold cream and chocolate mixture until thoroughly combined. Divide mixture among 8 chosen bowls or one cup mini-bowls. Cover bowls loosely with plastic wrap and chill at least 4 hours. (Can be made 1 day ahead; keep refrigerated.) Serve chilled, garnished with a dollop of whipped cream and a sprinkling of cinnamon, if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (COOKIES AND CREAMS ONLY): 150 CALORIES, 14g FAT, 14g CARB, 1g PROTEIN, 100mg CHOLESTEROL, 100mg SODIUM, 100mg FIBER

BITTERSWEET CHOCOLATE SAFFRON COOKIES WITH RASPBERRY CREAM

YIELD: ABOUT 100 COOKIES (COOKIES AND CREAMS ACTIVE TIME: 15 MINUTES) (Bake, 10 to 12 minutes)

white

WHITE CHOCOLATE TART WITH WHIPPED-CREAMED PEANUT BUTTER



These delightfully fudgy, heavy treats can be made in advance and refrigerated for up to 3 days, but let them sit at room temperature on a cookie sheet overnight. Recipe may be baked and may be frozen.

COOKIES

- 1 cup all-purpose flour
- 1/2 tsp baking powder
- 1/4 tsp salt
- 8 oz. (160g) semisweet chocolate, chopped, without the cocoa
- 1/2 cup (113g) unsalted butter
- 1 egg
- 1/4 cup sugar
- 1 tsp pure vanilla extract

HAZELNUT CRISPS

- 1/2 cup unsalted butter at room temperature
- 1 cup confectioners' sugar (after sifting, see notes)
- 4 tsp. medium raspberry jam or 1/4 cup of jam (optional) *find Raspberry Jam*

1. Pre-heat the cookies: Whisk flour, baking powder and salt in a medium bowl.

2. Melt chocolate and butter in a small saucepan over low heat (set on microwave) stirring often, just until melted and smooth. Cool slightly so that it is no longer hot to the touch.

3. In a large bowl, mix on electric mixer on medium speed to beat eggs and sugar until light (about 1 minute). Beat in vanilla. Add cooled melted chocolate mixture and beat until blended. On low speed, stir in flour mixture just until blended. Refrigerate cookie batter for about 30 minutes to firm slightly.

4. Preheat oven to 350°F. Line 2 baking sheets with parchment paper. Drop rounded teaspoons of batter about 2 inches apart on prepared sheet. Bake 9 minutes or until tops are rounded, slightly shiny and cracked, and centers are still soft. Remove sheets from oven and slide parchment off to a wire rack. Let cookies cool for a few minutes, then transfer with a metal spatula to racks to cool completely. Let cool, parchment to pans and a cookie sheet with remaining dough.

5. After cookies have cooled, prepare the

STORING CHOCOLATE

To keep your supply of melting and melting chocolate fresh, store it in a cool, dry place where you occasionally take it out and place it in a plastic resealable bag. The air in a container is not a good place to store chocolate because you need to keep it free from moisture and really absorbent odors.

When chocolate is exposed to heat, the fat in the butter (and sometimes the sugar) can melt and smear the chocolate. The emulsion then, rather than, to give it a slight, clear change that poor quality.

Milk chocolate and white chocolate, which contain milk solids, should be stored while in its original wrapper. Dark chocolate can last a year or two, although it may not taste quite as fresh.

HAZELNUT CRISPS Using an electric mixer, beat butter, sugar and jam to a medium bowl until smooth and creamy. Add 1/4 cup more sugar if needed to bring along as a spreading, consistency. Stir by hand a few days in advance and refrigerated in an airtight container, being to store ingredients until before using.

6. Assemble the cookies: Spread about 1/2 cup of the raspberry cream on the far side of the cookie, then place the far side of a second cookie over the filling to form a sandwich. Repeat with remaining cookies.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (48 COOKIES): 105 CALORIES • 10G CARBOHYDRATE • 10G PROTEIN • 10G FAT • 10G FIBER • 10G SUGAR • 10G CHOLESTEROL • 10G SODIUM

WHITE CHOCOLATE TART WITH HONEY ROASTED PEANUT CRUST

SERVINGS

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 1 HOUR, 40 MINUTES

PREPARED CHILLING TIME

This tart, with its creamy white chocolate cream and crunchy, salty crust, couldn't be easier to assemble. It looks beautiful too, and keeps well in the refrigerator for up to 3 days. Stay for hours.

CRUST

- 1/4 cup honey roasted peanuts
- 1/4 cup (50g) 20% rapid vanilla wafers cookies, such as Nabisco's vanilla wafers
- 1/2 tsp unsalted butter, melted

FILLING

- 1/2 cup white chocolate, chopped (about 1 lb)
- 1/4 cup chilled whipping cream

1. Prepare crust. Preheat oven to 350°F. Spray a 9-inch pie pan or a tart pan with non-stick butter with vegetable cooking spray. 2. Place peanuts in a food processor and chop coarsely. Remove 1/4 cup and reserve. Add vanilla wafers to food processor and process until coarse crumbs form. Add melted butter and pulse until crumbs are fully combined.

3. Transfer crumb mixture to prepared pan. Press crumbs onto the bottom and up the sides of the pan. Bake 15 minutes or until crust is golden brown. Transfer to a rack to cool completely.

4. Prepare filling. Melt white chocolate in the top of a double boiler or a metal bowl set over a pot of barely simmering water, stirring frequently until just melted. Remove

bowl from heat and stir chocolate until smooth. Chocolate should be just warmer than body temperature. Cool slightly.

5. Using an electric mixer, beat cream to a medium bowl until soft peaks form. Pour melted white chocolate into cream in one addition, beating for a few minutes with mixer to blend. Pour filling into cooled tart shell. Chill until filling is set, about 4 hours (May be made up to 3 days in advance, keep refrigerated until ready to serve).

6. Just before serving, sprinkle reserved 1/4 cup of the peep peanuts over top of the tart. Serve chilled.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (10 COOKIES): 105 CALORIES • 10G CARBOHYDRATE • 10G PROTEIN • 10G FAT • 10G FIBER • 10G SUGAR • 10G CHOLESTEROL • 10G SODIUM

Ann DeWitt is a freelance food writer and the author of *Chocolate Cookies: 50 Recipes to Tempt You to the Bakery Shop*.



A still life photograph of a beer glass, a bottle, and a bowl of mussels. The glass is filled with a golden beer and has a small white label. The bottle is dark and partially visible on the left. The bowl is white and filled with mussels, some of which are open, showing their meat. There are also some red and white vegetables in the bowl. A silver spoon and a knife are placed on the surface next to the bowl. The background is a textured, dark green surface.

Cooking with beer
its rich flavor isn't for
everyone, and there's

winter warmers

By Paul Kahaner and Andrew Wolfson, Food & Wine Editors

If you're looking for a new winter warmer, you've found a long, hot story. It's called beer. It's also called a drinker with a bottom fundus that says "Go." Think mulling pot, French onion soup, stew, and white bread crusts, all things that beg for a little beer. And if you're a glass or two more than you ought, you may be in as little beer as you need.

When choosing beer for drinking, imply (or imply) yourself that every word you cook with, whether you will or not. Choosing beer for you is a little like cooking. However, because of beer's heat, its heatiness tends to cook off with the water, and the better ingredients become more pronounced. So you need to choose a cooking beer that won't contribute unwanted differences to the food.


A half-decent beer will have more influence on your food than a light beer, even if you're using wine. Conversely, a light-bodied beer can be used as a grumpy substitute for liquid heat all the time, or beer in the amount, and when you don't. For good reason, instead of how, when it comes to the full amount of beer can be added in the beginning, because it's cooking better off just early when there's still time for the heat to become better. So don't wait until you're too late. Chicken and dumplings, the infamous combination of the right ingredients, may require the beer. Otherwise, it's a little more of the same.  All of cooking helps change the flavor.



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CHOOSING BEERS FOR COOKING

- **Golden-brewed ales** are a good choice for cooking and offer a nice balance of low off-malt character and floral hop flavor.
- **India pale ales (IPAs)** are perfect for braising and their floral pop when combined with a splash of fresh lemon or lime juice. When also braised well with spices and herbs, a little pairing effort is best.
- **Ales** also walk the line between sweet malt character and hop flavors. Their sweetness and bitterness make them the perfect match for chicken.
- **Brown ales** have a pronounced maltiness and caramelized, nutty flavors that, in some instances, have brewed chocolate. Peck and roasted chocolate are natural pairings for this style.
- **Light, crisp lagers** are just the best to add a steady tang to bread. Its delicate nature complements the crustal flavor without overpowering.
- **Dark beers, such as porters and stouts**, can become bitter as they cook, and most of their alcohol must evaporate late in the recipe process after reaching a boil.

1 Prepare the chicken. Season chicken with pepper. Heat oil in a large skillet over medium-high heat. Add chicken and cook until lightly browned on both sides, about 7 to 8 minutes. Transfer chicken to a plate.

2 Add carrots, onion, celery and garlic to the pot and cook until just beginning to brown, about 5 to 7 minutes. Stir in flour and cook for 1 minute. Stir in 1 cup of the beer, scraping up any browned bits from the pot. Stir in broth and chicken and simmer chicken and any accumulated juices in pot. Bring to a simmer, cover and cook until chicken is tender, about 25 minutes.

3 Remove pot from heat and transfer chicken to a cutting board. Chop chicken using two knives, and return it to the pot along with remaining ½ cup beer.

4 Prepare the dumplings. In a large bowl whisk eggs for both flours, sugar, baking soda and salt. Stir in coldwater. Add olive oil to batter and mix to combine. Stir. Smoke and moisture from beer will moisten dumplings. Better will be thick and doughy pull away from the sides of the bowl easily.

5 Return stove to a simmer over medium heat. Drop 24 dumplings—use 4 balls of the dumpling batter over the top of the stew. Cover, and simmer gently until dumplings have doubled in size and a no-dipstick inserted into the center comes out clean, about 14 to 15 minutes. Sprinkle with parsley and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING FOR CALORIES AND COMPOUNDS: FAT, PROTEIN AND CARB (PER 100 GRAMS): 100 CALORIES, 1.5 GRAMS FAT, 10 GRAMS CARB, 1.5 GRAMS PROTEIN.

BEER-BRAISED KIELBASA WITH CABBAGE AND MUSTARD SAUCE

SERVES 4

ACTUAL TIME: 25 MINUTES
TOTAL TIME: 45 MINUTES

Is dry kielbasa less than the best? Kielbasa made with beef or pork will also work for this dish. Recipe may be halved.

Ingredients

- 1 lb. dry kielbasa, sliced or whole beer
- 1 cup whole-grain mustard
- 1 Tbsp. olive oil



COOKING TIP

Like wine, beer offers benefits associated with moderate consumption. It's two drinks per day for men and one for women. Beer contains the right kind of alcohol and the right amount of drink per day has been found to improve cognitive function. The hops and malt in beer are rich in antioxidants and they help prevent certain types of cancer and heart's naturally occurring polyphenols help increase bone density and fight osteoporosis. All beer has a little antioxidant.

- 1 cup reduced-fat cheddar, 2% fat, sliced
- 1 cup cheddar cheese
- 1 Tbsp. olive oil
- 1 lb. to 1 ½ lb. dry kielbasa, sliced into 4 equal-size pieces
- 1 small green cabbage, about 1 lb., sliced and finely sliced
- 4 small no-potatoes, chopped into bite-size pieces
- 2 large carrots, sliced into 1-inch thick disks
- 1 onion, sliced
- 2 cloves garlic, chopped
- 1 cup freshly ground whole pepper
- 1 cup beer and liquid

Method Steps

- 1. Preheat oven to 350°F.
- 2. Preheat oven.
- 3. Preheat oven.
- 4. Preheat oven.
- 5. Preheat oven.

1 Prepare the beer. Whisk beer, whole grain mustard, vinegar, olive oil and mustard together in a small bowl.

2 Heat oil in a large skillet over medium-high heat. Add kielbasa and cook until lightly browned all over, about 10 minutes. Transfer to a plate.

3 Add beer mixture to pot and bring to a simmer over medium-high heat. Stir in cabbage, carrots, onion, garlic, pepper and salt of soup. Simmer kielbasa, onion, cabbage, carrot, and cook over medium-high heat until cabbage is tender and potatoes and carrots are cooked through, about 20 minutes.

4 While cabbage cooks, prepare mustard sauce. In a small bowl, whisk together all sauce ingredients. Season.

5 Remove kielbasa from pot and slice diagonally into ½-inch thick pieces. Transfer cabbage to a serving dish and layer kielbasa on top. Serve immediately with mustard sauce on the side.

APPROXIMATE NUTRITIONAL VALUES PER SERVING FOR CALORIES AND COMPOUNDS: FAT, PROTEIN AND CARB (PER 100 GRAMS): 100 CALORIES, 1.5 GRAMS FAT, 10 GRAMS CARB, 1.5 GRAMS PROTEIN.

Michael Porter is a food and nutrition writer from Boston.

Craving Crunch?

Delicious, nutritious nuts deserve a place on your shopping list

BY KITTY BROOKER MS RD, RECIPES BY LARANE PERE



ORZO SERVED WITH
ROASTED BRUSSELS
SPROUTS AND HAZELNUTS

Whether you are there as a snack, add them to baked goods, or sprinkle them on cereal, nuts pack a nutritional wallop. They're been shown to help fight heart disease and cancer, and because nuts — with their combination of protein, healthy fats, and fiber — tend to be filling, researchers believe they help with weight control. Studies show that including nuts in the diet doesn't necessarily lead to weight gain as long as total calories are controlled.

Botanically, nuts are the fruit or seed of certain plants. Edible tree nuts include almonds, Brazil nuts, hazelnuts, pecans, pine nuts, pistachios, and walnuts. Because peanuts grow in the ground, nut scientists classify them as legumes — like beans, peas, and lentils. Nevertheless, because they look and taste like nuts, peanuts are often included as nut sources.

In 2003, the Food and Drug Administration approved a qualified health claim for nuts and heart disease, which says

that regular consumption of nuts as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. Cardiovascular benefits have been shown in people who eat nuts just once a week and eating nuts more frequently appears to decrease heart disease risk even further. And despite the fact that nuts are relatively high in fat, studies continue to show that people who include nuts in their diet have improved blood lipid levels and experience lower heart disease.

Nuts are so easy to eat, taste great, and provide a wide range of beautiful play combinations. They also endorse all kinds of recipes. Here are three tasty examples.

ORZO CRICOTTO WITH ROASTED BRUSSELS SPROUTS AND HAZELNUTS

SERVES 4
ACTIVE TIME: 15 MINUTES
TOTAL TIME: 30 MINUTES

Hazelnuts (aka Brazil nuts) and nut-soy-packed hazelnut spreads are a powerhouse duo. Hazelnuts (rich in manganese and omega-3s) would make a fine substitute for Brazil nuts. Just reduce cooking time to 3 to 5 minutes. Recipe may be halved.

- 1/4 Cup roasted Brazil nuts (found in the Organic & Natural aisle)
- 1/2 Cup hazelnut spread (I found and loved this from a local organic food store)
- 1/2 Cup orzo (see note at end)
- 1/2 Cup butter, salt
- 1/2 Cup freshly ground black pepper
- 1/2 Cup (about 1/2 cup of medium size shell) garlic
- 1 Cup rosemary (fresh or dry)
- 1 Cup (1/2 cup) organic herb salt (see note at end) water and oil mix

FOR YOUR HEALTH

golden. Transfer to a medium bowl. Do not turn off oven.

2. While almonds are toasting, warm a medium skillet over medium-low heat. Toss almonds, seeds, shaking the pan often, until just fragrant and lightly golden, about 2 minutes. Watch carefully—almond seeds can go from just right to burnt very quickly. Remove. If they're in a small dish, add an immediate 10 almonds. Toss almonds seeds in a skillet until fragrant, about 3 minutes, then remove seeds about 1 minute, adding nuts to nuts once toasted. Cool completely.

3. Transfer mixture in blender to a spice mill or coffee grinder, and grind coarsely until just lightly crushed—mixture should remain a bit granular, not powdered. Transfer to a small bowl. Add reserved 1 Tbsp sesame seeds and salt and pepper and toss gently. The almonds will keep for weeks in an airtight container, refrigerated.

4. Prepare the cod. Spray the baking sheet for the almonds with olive oil and cooking spray. Place fillets on baking sheet. Season with pepper. Toss almonds with olive oil in a small bowl and put some of the mixture on top of each fillet. Bake at 400°F for 12 to 13 minutes, or until cod is just cooked through. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
360 CALORIES 30 CARBOHYDRATES 12g PROTEIN
10g FAT 10g SATURATED 2.0g CHOLESTEROL
10mg SODIUM 10 FIBER

RAUBIT ROSEMARY OR ON "FRIED" CHICKEN

SERVES 4

ACTIVE TIME 30 MINUTES

TOTAL TIME 35 MINUTES

Serve these possibly two seasonal chicken recipes with steamed broccoli and rice. Recipe may be halved and only be frozen.

- ½ cup vegetable
- 1 cup plain bowl of whole grain flour in the center of the bowl
- 1 cup plain bowl of rice
- 1 Tbsp minced herb-rosemary or 4 tsp dried
- ½ cup kosher salt
- ½ cup freshly ground black pepper



Photo: Michael
Rosenfeld/Photo
Library

PORTION PRIMER

Adding nuts to your diet is a smart move for your health (your fat-pus or not, anyway) as there are about 160 calories in a 1-ounce portion of tree nuts, most of which is healthy monounsaturated and polyunsaturated fats. A basic rule for portion size is to stop at one handful, which equals about 1.5 ounces. To be more precise, use the guide below.

1 ounce of nuts =

- 28-34 almonds
- 14-16 hazelnuts
- 10-12 pecan halves
- 8-10 walnut halves
- 10-12 pistachios
- 10-12 pine nuts
- 10-12 cashews
- 10-12 macadamia
- 10-12 pignoli nuts
- 40-42 almonds
- 14 walnut halves

3. Top chicken tenders
3. Top light mayonnaise
16. In "bowl of inspiration" bowl

Chicken tenders

One oil cooking spray

1. Preheat oven to 425°F. Place walnuts on a baking sheet and toast 4 to 5 minutes or until lightly golden. Let cool slightly then finely chop to a food processor to the size of bread crumbs. Transfer to a shallow bowl and add whole grain, garlic, rosemary and salt and pepper. Set aside.

2. Combine crushed and mayonnaise in another shallow bowl.

3. Dip chicken tenders in mayonnaise mixture, coating them lightly and removing excess, then dredge in walnut mixture. Place a wire cooling rack on the baking sheet and spray with olive oil cooking spray. Arrange coated chicken tenders on rack, lightly lightly with cooking spray. Bake 14 to 16 minutes, or until just cooked through and golden brown. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
360 CALORIES 30 CARBOHYDRATES 12g PROTEIN
10g FAT 10g SATURATED 2.0g CHOLESTEROL
10mg SODIUM 10 FIBER



Start with the Stars!

When you're looking for foods for a healthy lifestyle, the Guiding Stars system is an easy starting point. Bannerford designed Guiding Stars to be a navigation system that can help you find some of the most nutritious foods in the grocery store.

How does the Guiding Stars program work?

As you make your way through our aisles you'll notice shelf tags that contain one, two, or three stars. In order for a product to earn stars it has to have more of the good stuff – like vitamins, minerals, fiber, and whole grains – and less of the not-so-good stuff – like total saturated fat, trans fat, cholesterol, added sodium, and sugar.

Whether you're living with a chronic illness such as diabetes or heart disease, or you're just looking for the most nutritious foods available to you and your family, our Guiding Stars program can help. Instead of reading every label to find the right foods, just remember only the labels for a Guiding Star of one, two, or three stars. It's a small time you will reap a big benefit with our Guiding Stars program. So make your shopping trip fast, easy, and fuel!

Three Square Meals

With global inspirations, classic lasagna lends itself to interpretations

BY REBECCA HILLARD PHOTOGRAPHY: PHILIPPE LEBLANC

Italy has always had special diets to laugha in one of the country's greats of the country's food scene. In 1893, when some revolutionaries declared that lasagna was actually good for you, medical writers' authorities on both sides of the Channel were quick to cross opinions.

The revolutionaries pointed to hard evidence, contained in an old cookbook, that English diets were serving up a legend concoction of pasta and cheese they called lasagna for the court of Richard II as early as 1399—and dared anyone to dispute it. In response, an official of the British embassy in London purposefully misled: "Whatever this old dish was called it was not lasagna as we make it."

Regardless of its origins, lasagna is a remarkably versatile dish, open to many delicious adaptations. Our list of "inspirations" provides a reference to one of most interesting interpretations of this hybrid dish. We had noodles make pasta more fun and easy for the vegetarian Spanish and flavored Portuguese Spanish and the BBQ Pork version. For a floral twist, Mexican Chicken Lasagna replaces pasta with corn tortillas for a true taste of the border town.

Lasagna's flexibility is worth bearing in mind the next time you find yourself scrambling for a way to combine leftovers

into a hearty new meal. Mixed potpies, steamed broccoli, cooked shrimp or scallops, bits of chicken, pork, a few mushrooms, or even some cubes of pan-fried tofu can provide a convenient starting block around which to build the dish. And potpie-like sauces—whether tomato-based creamy pasta sauce or a spicy cheese sauce—can make the preparation a snap. Whether Italy means Mexico, Texas, California, or elsewhere, lasagna can be a culinary crossover that's both easy and delicious to explore.

MEXICAN CHICKEN LASAGNA

SERVES 6

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 1 HOUR, 30 MINUTES (INCLUDING BAKING TIME)

First, take either corn or wheat tortillas to serve as substitutes for the usual flat of lasagna, and incorporate in this Mexican rendition. Keeping in the theme, corn tortillas used in the noodles. Recipe may be halved (just use 6- or 9-inch square pan) and may be frozen.



GOOD & BEAUTIFUL

Black beans are an excellent source of protein. And, and important trace minerals that promote both digestive and cardiovascular health. They are also rich in disease-fighting antioxidants compounds. According to their nutritional superstars, black beans have only 225 calories per cup and are virtually fat free.

INSPIRATIONS

side down (or use namakidaki!) Seal tightly around the edges.

■ Bake at 375°F for 40 minutes, or until noodles are tender enough to be easily pierced by a fork. Remove from oven and let rest for 10 minutes, then serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
 400 CALORIES (50% CALORIES FROM FAT), 100g FAT (50% SATURATED), 100g CARBOHYDRATE,
 10g FIBER (20% SOLUBLE), 10g PROTEIN

BRO PORK LASAGNA

SERVES 12

ACTIVE TIME: 30 MINUTES

100% Fat, 100% Protein (50% from fat), 100g Carbs,
 10g Fiber (20% Soluble)

Pork and cheese choices give tradition a twist. Recipe may be halved (just as it is if each square pork-and-meat may be chosen).

1. In ingredients: Cooked Pork Sausage (from the fat counter) about 1 lb.
2. Top ingredients: Chopped Grilling Sausage
3. Top shredded pork: salt, mozzarella cheese
4. In ingredients: Broiled or Baked Cheese (from the fat counter) shredded
5. Top shredded Parmesan cheese
6. Eggs
7. 10-12 oz. 1 container part-skim ricotta cheese
8. Top freshly ground black pepper
9. Top spread mixture
10. 10-12 oz. 1/2 cup (or more) with salt and pepper (optional)
11. 10-12 oz. 1/2 cup (or more) part-skim ricotta cheese, mozzarella (also added over meat)

1. Preheat oven to 375°F. Spray a 9 by 13-inch pan with vegetable cooking spray.
2. Spread pork (and combine with Chopped Grilling Sausage in a medium bowl).



© JENNIFER HARRIS



It is not.

A lovely, silky Cheddar sauce with a Toasted Mustard complements the Spinach and Broiled/Baked Cheese. Grapes (the skin's crisp, pure flavor will fill you with the taste of lemons and limes) in the Cheddar Lasagna (which is a real Italian) and the Broiled/Baked Cheese will be smooth, creamy. Flavors will blend together under heat, while the Baked Pork Lasagna gets a good bite each in the middle of the dish, which offers great fruit flavors, great acidity and peppery notes.

3. In a separate bowl, mix together mozzarella, smoked Swiss, and Parmesan.
4. In a medium bowl, lightly beat eggs. Add mozzarella, pepper and onion.
5. Cook lasagna of prepared pork with 1 cup of the pork sauce. Top with 4 noodles (they will overlap). Top noodles with a third of the ricotta mixture, then a third of the shredded pork, a quarter of the pork sauce, and a quarter of the cheese mixture.

6. Repeat the process two more times to create two more layers. Finish with the last 4 noodles on top. For remaining sauce over top layer of noodles and create remaining cheese mixture over sauce.
7. Spray a large sheet of foil with vegetable cooking spray and cover lasagna, sprayed side down (or use namakidaki!) Seal tightly around the edges.
8. Bake at 375°F for 50 minutes, or until noodles are tender enough to be easily pierced with a fork. Remove foil and bake for an additional 5 minutes, or until cheese on top begins to bubble.
9. Remove from oven and let rest for 10 minutes, then serve.

USE YOUR NOODLE

Cook noodles are just one creative alternative to standard lasagna noodles. For a change of pace, you could use any type of pasta (except spaghetti) between thin slices of mozzarella or spinach or cheese. Or try rolled lasagna: layer uncooked lasagna noodles directly on top of browned, drained, and seasoned ground beef (or any meat), add plenty of sauce on top, cover in foil, cover with aluminum for 30 minutes, or until the noodles are cooked to al dente tenderness. Combine with dollops of ricotta and mozzarella before serving.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
 400 CALORIES (50% CALORIES FROM FAT), 100g FAT (50% SATURATED), 100g CARBOHYDRATE,
 10g FIBER (20% SOLUBLE), 10g PROTEIN

Chinese "Takeout" at Home

Put down that restaurant menu and make your own delicious stir-fry favorites

BY KIMBERLY NICHOLE PHOTOGRAPHS BY MARIA FORT

A perennial favorite, Chinese cuisine is now served at more than 10,000 restaurants throughout the United States. But when you want to enjoy your favorite dishes more economically, you can ditch the taking containers and forks and the dollar or two. In 30 minutes or less, Chinese restaurant favorites can be on your table, lighter and fresher than takeout.

Cooking Chinese food at home is easy. Here we offer four stir-fried dishes that can be assembled by the use of pantry ingredients like meats and oils, shredded vegetables, dried mushrooms, and jarred minced garlic and ginger.

When stir-frying, it's essential to have the ingredients prepped and ready. Cooking a whole quickly in a hot pan, usually a wok, is best. Shaped pans with high sides, like wok-like woks, or large sauté skillets will work perfectly well. Ingredients have different cooking times, so meat is often cooked separately from vegetables. To finish the stir fry, all the ingredients are mixed with a savory sauce in the pan. Once the meat, chicken and/or the vegetables, chicken is ready.

If breakfast eating is one of your New Year's resolutions, a Chinese stir fry is a great meal. By using high heat and constant cooking, you can keep the fat down. Additionally, it's easy to up the vegetable quotient when stir-frying. While rice is typically served in Chinese restaurants, lean brown rice is packed with protein, and microwaveable precooked brown rice can be ready in less than five minutes.

Most of the ingredients needed for Chinese takeout at home like "Chinese Family Favorites" on page 150 are easy to buy



STIR-FRY: LARRY FORD/ISTOCKPHOTO



SPICY CHICKEN WITH
BROCCOLI, PEAS, AND SNOW PEA

control sauce seeds. Sauce will simmer and chicken quickly. Heat and use small bowl and vegetables are coated with sauce.
1. Divide evenly among 4 bowls and serve with rice. garnished with sesame oil. Top sauce seeds and sesame.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
200 CALORIES, 14% CARBOHYDRATE, 10% PROTEIN,
20% FAT (2% SATURATED), 10% CHOLESTEROL,
10% SODIUM, 10% FIBER

SPICY SCALLOP AND SNOW PEA STEW

SERVES 4

ACTIVE TIME: 20 MINUTES
TOTAL TIME: 30 MINUTES

A prepared sauce rapidly simmers the scallops and brings out the sweetest of the peas in this quick and easy meal. The sauce recipe can be used with chicken or shrimp. Recipe may be halved and may be frozen.

- 1. Top: water, chicken
- 2. Top: reduced sodium soy sauce
- 3. Top: oil, ginger
- 4. Top: cornstarch
- 5. Top: sugar
- 6. Top: crushed red pepper flakes or cayenne
- 7. Top: salt
- 8. Top: oil, soy sauce, chicken, scallops, snow peas, snow peas, snow peas
- 9. Top: oil, soy sauce, chicken, scallops, snow peas, snow peas
- 10. Top: oil, soy sauce, chicken, scallops, snow peas, snow peas
- 11. Top: oil, soy sauce, chicken, scallops, snow peas, snow peas
- 12. Top: oil, soy sauce, chicken, scallops, snow peas, snow peas
- 13. Top: oil, soy sauce, chicken, scallops, snow peas, snow peas
- 14. Top: oil, soy sauce, chicken, scallops, snow peas, snow peas
- 15. Top: oil, soy sauce, chicken, scallops, snow peas, snow peas
- 16. Top: oil, soy sauce, chicken, scallops, snow peas, snow peas
- 17. Top: oil, soy sauce, chicken, scallops, snow peas, snow peas
- 18. Top: oil, soy sauce, chicken, scallops, snow peas, snow peas
- 19. Top: oil, soy sauce, chicken, scallops, snow peas, snow peas
- 20. Top: oil, soy sauce, chicken, scallops, snow peas, snow peas
- 21. Top: oil, soy sauce, chicken, scallops, snow peas, snow peas
- 22. Top: oil, soy sauce, chicken, scallops, snow peas, snow peas
- 23. Top: oil, soy sauce, chicken, scallops, snow peas, snow peas
- 24. Top: oil, soy sauce, chicken, scallops, snow peas, snow peas
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- 26. Top: oil, soy sauce, chicken, scallops, snow peas, snow peas
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- 33. Top: oil, soy sauce, chicken, scallops, snow peas, snow peas
- 34. Top: oil, soy sauce, chicken, scallops, snow peas, snow peas
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- 40. Top: oil, soy sauce, chicken, scallops, snow peas, snow peas
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- 42. Top: oil, soy sauce, chicken, scallops, snow peas, snow peas
- 43. Top: oil, soy sauce, chicken, scallops, snow peas, snow peas
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or soy sauce (20-30% water, 10% oil)

- 1. Top: reduced sodium
- 1. Top: ground black pepper
- 1. Orange-red pepper, cayenne (10-15% water, 10% oil)
- 1. Top: sugar
- 1. Scallops, snow peas, optional garnish

1. In a small bowl, whisk together 1/2 cup of the water with soy sauce, ginger and cornstarch until evenly blended. Whisk in eggs and red pepper flakes. Set aside.
2. Preheat rice according to package instructions. While rice cooks, heat the oil in a large skillet over medium-high heat. (Don't let rice get too hot.)

3. Heat oil in a large skillet over medium-high heat. (Don't let rice get too hot.)



When the **stir-fry** is done, add the chicken and vegetables. Cook for 2 minutes and serve. **Tip:** If you're using frozen chicken, thaw it first. **Tip:** If you're using frozen vegetables, thaw them first.

4. Add garlic, ginger, bell pepper, snow peas, and remaining 2 Tbsp water to the pan. Cook until the small snow peas become bright green. Remove sauce and add it to the pan along with reserved scallops. The sauce will quickly thicken as it simmers. Toss and eat until vegetables are coated with sauce and scallops are done cooking about 1 minute. 5. Divide among 4 bowls and garnish with sliced scallions if desired. Serve with rice.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
Total Calories: 300; Total Fat: 10g; Total Protein: 15g;
Total Carbohydrate: 30g; Total Sugar: 10g;
Total Fiber: 5g.

CASHW/ CHICKEN WITH RED BELL PEPPERS AND BROCCOLI

SERVES 4

ACTIVE TIME: 10 MINUTES

TOTAL TIME: 20 MINUTES

The classic combination of crunchy cashews, tender chicken, and brightly colored vegetables cooks up quickly at home. Recipe may be baked and used for lunch.



Good for:

Good Chicken offers just enough acidity to take on the richness of Sesame Seed with Green Beans. The citrusy component of Cashew Chicken with Red Bell Peppers and Broccoli is tempered well by Chardonnay - choose Mission's for its grape and citrus flavors and crisp acidity. The slightly acidic Baco Bonum Pinot Grigio with its hint of pineapple is a natural match for this dish. The crisp acidity and tangy notes of Pinot Grigio provide a perfect counterpoint to the spicy flavors and dense Pinot Noir.

CHINESE PANTRY BASICS

Key Feature: A well-stocked pantry consists of foods from fermented soybeans. It includes a full array of soy bean flours to thicken, oil for a finished product, soybean to substitute pork, salt, sesame.

Featured Soybean Oil: An intensely flavored oil made from toasted soybean seeds.

Wife: A mild Japanese rice wine for cooking.

Wine Vinegar: A delicate vinegar used in light dressings and dressings.

Carrots: The most common ingredient for this dish is carrots. In Chinese cooking.

Beef: Beef, a sweet and spicy condiment often referred to as "Chinese BBQ sauce" made from soybeans, garlic, and other herbs. It's used to marinate meat for many dishes.

Soybean: This super soybean super food is used in Chinese cooking to balance flavors with a bit of sweetness.

Note: If the first dish is not in the kitchen, use the first dish as the base for your

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1. In a small bowl, whisk together corn starch, soy sauce, and vinegar until evenly blended. Then whisk in brown sugar and brown sugar flavor.

2. Heat oil in a large nonstick skillet or wok over medium-high heat. Toss oil in a hot pan, then heat. Add chicken. Cook and stir until just cooked through, 3 to 7 minutes. Transfer cooked chicken to a plate and cover with foil to keep warm. 3. Add garlic and ginger to the pan and cook and stir until fragrant, about 30 seconds. Add bell pepper, broccoli, and

water. Cover and cook until broccoli is tender, about 3 to 4 minutes.

4. Heat over medium to high heat, stirring occasionally, until vegetables are tender.

5. Transfer sauce. Add to the pan with the cooked chicken, carrots, and broccoli. Toss and stir until sauce is evenly distributed and vegetables are coated with sauce. Serve with chicken as a garnish. Divide among 4 plates and serve with rice.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
800 CALORIES, 70g CARBOHYDRATE, 10g PROTEIN
10g FAT, 10g FIBER, 10g CHOLESTEROL,
10g SODIUM, 10g FIBER

MISO SHU TOFU

100g (100g)

ACTIVE TIME: 30 MINUTES
TOTAL TIME: 30 MINUTES

Miso shu tofu is a Chinese restaurant staple made with shredded cabbage, scrambled eggs, and some kind of protein (often pork, beef, chicken, or shrimp). Instead of the ubiquitous soy, miso shu is served with rice while providing a more complex flavor. Recipe may be adapted.

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3. Drain tofu in a colander and pat dry with paper towels. Set aside. In a small bowl, whisk 2 Tbsp of the hoisin sauce with soy sauce, sesame oil, and sesame oil.

4. Heat a large nonstick skillet or wok over medium-high heat. When hot, spray pan with vegetable cooking spray and add tofu. Cook for 4 to 5 minutes until lightly browned. Transfer tofu to a plate and cover with foil to keep warm. 5. Spray same pan with more vegetable spray and add eggs. Cook and stir until eggs are cooked through, about 1 minute. Transfer eggs to the tofu plate and cover with foil.

6. Add carrots and rice to a hot pan. When hot, add mushrooms, garlic, and garlic. Cook and stir until mushrooms begin to soften, about 3 minutes. 7. Add cabbage and rice to pan. Cook and stir until cabbage just starts to wilt, about 1 minute.

8. Add tofu, eggs, hoisin sauce, and reserved sauce. Toss and stir mixture until hoisin sauce is heated and eggs and everything is coated with sauce. Toss up any large pieces of scrambled egg with the cooking spoon. Remove pan from heat. 9. Wrap carrots in dampened paper towels and microwave for 30 to 45 seconds until heated through.

10. Transfer warm rice to a serving bowl. Shred cabbage, carrots, and mushrooms evenly on the side.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
800 CALORIES, 70g CARBOHYDRATE, 10g PROTEIN
10g FAT, 10g FIBER, 10g CHOLESTEROL,
10g SODIUM, 10g FIBER

Comfort Food – Fast!

Satisfying lamb and chicken dinners without all the fuss



READY IN 30 MINUTES

Lamb Shank with Rosemary and Mint Sauce

Main: Lamb Shank

Head to the frozen aisle for “cuts of inspiration” Lamb Shanks with Rosemary and Mint Sauce.

Sides: Softened Cauliflower and Perfect Buttered Noodles

Simply Produce for a package of cauliflower florets and the Bakery for a roll of long roll-ins Garlic Chopping Ball Garlic-baked potatoes.

Buttered noodles from the Deli counter.

Dessert: Key Lime Pie Mignon Parfait

Pick up Gellings Micro-Velvet Key Lime Pie Mignon in the Dairy aisle. Nestlé's Protein Original Apple-Raisin Natural Granola from the Cereals & Natural aisle, and a roll of refrigerated Red Raspberry Frosting.

INSTRUCTIONS: Spoon yogurt in a dessert cup. Layer with granola and drizzle of syrup. Refrigerate. Follow instructions to microwave lamb. While lamb cooks, heat garlic oil in microwave until just sizzling. Add cauliflower until done (about 4 to 5 minutes). Remove lamb from microwave, let rest, and heat buttered noodles in microwave. Let rest 2 minutes and serve.

Chicken Spiedini with Pasta and Broccoli

Main: Chicken Spiedini

Head to the freezer aisle for Chicken Spiedini – go for cubes of chicken breast stuffed with tomato cheese.

Sides: Roasted Potatoes

Pick up a package of frozen-but-for Potatoes and a side of dried tomatoes.

Sides: Broccoli Broccoli Florets

Get a bag of broccoli florets from the Produce aisle.

Dessert: Raspberry Fruit Salad with Strawberry Syrup

In the refrigerated aisle of Produce, pick up containers of ground fresh fruit. Add a bottle of Raspberry Strawberry Fruit Syrup.

INSTRUCTIONS: Preheat oven to 350°F. Heat a large pot of very hot tap water over high heat. While water comes to a boil, heat 1 Tbsp. olive oil in a skillet and brown the chicken (one piece on a baking sheet and bake 15 to 18 minutes). Add some salt and hot pasta to boiling water and cook until al dente about 10 to 12 minutes. While pasta cooks, steam broccoli in the microwave. Drain pasta (too with dried tomatoes) and serve topped with Chicken Spiedini with broccoli on the side. For dessert, drizzle grape over the fruit salad.



READY IN 30 MINUTES

We're starting the new year right.

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Hannaford brand products,
we guarantee them or
double your money back.



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IT TASTES GOOD.**



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